

March Newsletter



MONTHLY EVENTS:

Volume 5, Number 3

VH=Village Hall
KPL=Kohler Public Library
MWPY=Midwest Power Yoga

Mondays

Painting 9am-VH
Ping Pong 1pm-VH
Fitness with Maggie-MWPY

Tuesdays

Chair Yoga 8:15am-VH
Hiking 9am—location announced
Fitness with Maggie-MWPY

Wednesdays

Kayaking-10am-weather
permitting-location announced
Pickleball 6:30pm-School Gym
Fitness with Maggie-MWPY

Thursdays

Snowshoeing 10am-location
announced
Painting 1pm-VH
Fitness with Maggie-MWPY
2nd Thursday Book Club 1pm-KPL
3rd Thursday LAFF 1pm-VH

Fridays

Lunch 11:30am (cards after)-VH
Fitness with Maggie-MWPY

Saturdays:

Fitness with Maggie-MWPY

MISSION

Klub 55 serves as a focal point for those aged 55 and over in the extended Kohler community, providing opportunities for fun, recreation, learning, and socialization in order to encourage physical, mental, spiritual, and social well-being.

What is the extended Kohler community? In short, it is Kohler and the surrounding areas! Anyone who can make it to Kohler, where most activities take place, is welcome! At this time we do not provide transportation.

facebook

Follow Kohler Klub 55 on Facebook

Have you renewed your membership for 2022???

Klub 55 yearly membership is \$25. This membership entitles you to Discounts on trips, classes, activities and special events. All members who sign up for events are taken before non-members who will then be called on a first come first serve basis.

Annual membership is from 1/1/2022-12/31/2022.

If there are any classes or workshops you are interested in, please contact Jeanine Mullen 920-458-0313.

A reminder to everyone: it is important to register in advance for All classes, events or trips. Nothing cancels a good class, event or trip quicker than everyone waiting until the last minute to register. If there are not enough registrants by a certain date, the class/event/trip may be cancelled.

If COVID-19 would become an issue, events will be rescheduled.





**11:30 a.m. at Village Hall, Cost per person: \$6 members, \$7 non-members
(unless otherwise indicated)**

Register for lunch by Wednesday - stop at Kohler Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.

- March 1** Fat Tuesday Brunch - Fresh Beignet, Biscuits & Gravy, Crab Cakes, Gumbo
Potato Salad, Corn Bread, Bourbon Sausage & Rice, assortment of sweet treats
- March 4** Sauerbraten, Spätzle, Red Cabbage, Bread Pudding. We will also have a guest
speaker at 11 a.m. Oristela Aguinaga who is a Wellness Coach. **Adjustment \$10
members and \$12 non-members for this lunch**
- March 11** Irish Seafood Chowder, Irish potato pancakes, Bread, Apple Crumble
- March 18** **No Lunch at Village Hall** - Fish Fry Friday at VFW Hall
- March 25** Our Interim Chefs will be cooking - Jimmy will be making his famous Brat Soup
along with Micks Famous Smoked Pulled Pork on a Hard Roll, Salad, Ice Cream
- April 1** New York Style Pizza, Along with 3 Cheese Pizza, Veggie Pizza, Salad, Our
Famous Cream Cheese Brownies

Punch cards are available for purchase: members \$30 and non-members \$35 for 5-\$6 lunches



Card Playing Fridays after lunch

We will have coffee, and soda is available for purchase. For those who do not play cards please feel free to stay for a little coffee and conversation, or even a game of dominos.

Cribbage or Sheeps Head Tournament???

Interested in having a Cribbage or Sheeps Head Tournament, please let us know. There has been a lot of interest among card players. We need a group interested in helping plan. Please let James Kohlhagen know. We are looking at May for this event.



DAY AND OVERNIGHT TRIPS

To register for classes/workshops/activities (unless otherwise noted) – stop at Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.



Fat Tuesday Brunch • March 1

Menu: Beignet, biscuits and gravy, crab cakes, gumbo potato salad, corn bread, bourbon sausage and rice, assorted sweet rolls. Cost per person: \$10 members and \$12 non-members. See you at Village Hall at 11:00 a.m. Please dress for the celebration. To make a reservation - stop at Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.



Best Bar Food Competition • March 29, 11:30 a.m.

Join us on March 22 at the Log Cabin, 633 Madison Street in Howards Grove., 11:30 a.m.



Women's Retreat at Camp Anokijig • March 4-6

Time for reflection, skiing, snowshoeing, hiking and fishing. We have 3 cabins available, 6 people to a cabin. Meals not included. Cost per person: \$50 members and \$60 non-members. To make a reservation - stop at Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.

March 4 Wellnes Coach Presentation • March 4, 11 a.m. • Village Hall

Oristela Aguinaga moved to Sheboygan in 2009 when she became a District Executive for the Boy Scouts of America. Three years later she was promoted to District Director and directed the efforts of more than 900 volunteers in Ozaukee, Washington, and Dodge counties. In 2015, she left the Boy Scouts and became the Financial Officer for her family business in Cascade, WI.

In 2021, she completed her training as a Health and Wellness coach at the Mayo Clinic and started her own business, Wealth Is Health LLC. She's currently working towards her National Board certification. Oristela also has a Bachelor's degree in Social Science from UW-Green Bay and a Global MBA from UW-Oshkosh. She is from Panama, fluent in Spanish, and married to Richard and together they have 5 adult children and 4 grandchildren. Oristela loves to travel, enjoys gardening, learning and practicing healthy living, growing her spiritual life, spending time with family and friends and the outdoors (pushing herself to be more active outside during the cold winters of Wisconsin).



Oneida Gambling Trip April 21 **Waiting List**

If we get enough people signed up we will try to get a bigger coach. To place your name on the waiting list, contact Village Hall 920-459-3873 or email cgamb@kohlervillage.org.

We will be leaving from Village Hall at 9:00 a.m. and returning by 3 p.m. on a Discovery Coach Bus. Lunch will be at The Stadium View Restaurant. You will receive Gambling money. Cost \$55 members & \$60 nonmembers.

FITNESS

No pre-registration required. *No cost for members, \$1.00 for non-members. (For ping pong, hiking, kayaking and snowshoeing.)*



Ping Pong Mondays 1p.m. Village Hall



Hiking Club Tuesdays 10:00 a.m. Destinations to be announced

Kayaking Wednesdays 10:00 a.m. Destinations to be announced, weather permitting



Snowshoeing Thursdays 10 a.m. Destinations to be announced. If there isn't snow, we will hike.



Chair Yoga • Tuesdays 8:15 a.m. • Village Hall

5-week card \$40 for members and \$45 for nonmembers.



Pickle Ball • Wednesdays, 6:30 p.m. • Kohler School Gym

Beginners Welcome! No pre-registration required. **No fee but you must be a Klub 55 member to participate.**

Walking in Water and Coffee • Wednesdays, 11:00 a.m. • Sports Core

Midwest Power Yoga

Maggie Olson is offering Klub 55 members a discount. Check Maggie's Web site for all classes offered. Phone: 920-550-1182 - text us! Web: www.midwestpoweryoga.com.

CLASSES/WORKSHOPS

To register for classes/workshops/activities (unless otherwise noted) – call 920-459-3873 or email cgamb@kohlervillage.org.



PAINTING CLUB • Mondays 9a.m./Thursdays, 1p.m. • Village Hall

No cost for members, \$3 for non-members, does not include materials.



Book Club • Thursday, March 10, 1:00 p.m. • Kohler Public Library

For more information, contact Erin at the Library 920-459-2923.



LAFF Group Meeting March 17, 1-3 p.m. • Village Hall

If interested in becoming a member please call Jeanine Mullen, 920-458-0313.

Shuttle Crafters • To be Announced

